

Easy No-Bake Mac and Cheese

Makes: 4 Servings

Ingredients

2 cups macaroni, whole-wheat, uncooked
1 1/2 cups milk, low fat (1% or less)
2 tablespoons flour
dash black pepper
2 cups Cheddar cheese, low fat, sharp, shredded

Directions

1. Follow package directions to cook macaroni.
2. Using a fork, blend flour and low-fat milk in a small mixing bowl until flour can no longer be seen and there are no lumps.
3. Heat milk and flour mixture in a saucepan over medium heat, stirring constantly, until it begins to bubble.
4. Continue cooking and stirring until sauce thickens, about 1-2 minutes.
5. Reduce heat to low and add pepper and shredded cheese.
6. Stir until cheese melts. Remove from heat.
7. Stir cheese sauce and cooked macaroni together until blended.
8. Enjoy!

Notes

Serving Size: 1 cup